

What is claimed is:

1. A method of treating erectile dysfunction in a patient, comprising the steps of:  
aerosolizing a formulation comprising sildenafil;  
inhaling the aerosolized formulation into the lungs of a patient; and  
allowing particles comprising sildenafil to deposit on lung tissue, and enter the patient's circulatory system.
2. The method of claim 1, further comprising:  
administering a bolus dose of an androgenic hormone to the patient.
3. The method of claim 2, wherein the administering of the androgenic hormone is  
by:  
aerosolizing a formulation comprised of an androgenic hormone;  
inhaling aerosolized androgenic hormone; and  
allowing the androgenic hormone to deposit on lung tissue.
4. The method of claim 3, wherein the androgenic hormone is selected from the  
group consisting of testosterone and dihydrotestosterone.
5. The method of claim 1, wherein the aerosolized particles are comprised of  
particles having a diameter in a range of from about 1 to about 5 microns.
6. The method of claim 1, wherein the formulation further comprises a testosterone.
7. A method of treating erectile dysfunction in a patient, comprising the steps of:  
aerosolizing a formulation comprising a composition selected from a PDE5 inhibitor, a  
growth hormone-releasing peptide receptor agonist, a 5-hydroxytryptamine receptor agonist, a  
dopamine receptor agonist, a melanocortin receptor agonist, an  $\alpha$ -adrenoceptor antagonist,  
alprostadil, papaverine, phentolamine, vasoactive intestinal peptide, guanylyl cyclases, a rho-

kinase antagonist, oxytocin, an oxytocin receptor agonist, or an inhibitor of neuropeptide Y, or a combination thereof,

inhaling the aerosolized formulation into the lungs of a patient; and

allowing particles of the composition to deposit on lung tissue, and enter the patient's circulatory system.

8. The method of claim 1 or 7, wherein the desired effect of the sildenafil is realized in less than 30 minutes.

9. The method of claim 1 or 7, wherein the desired effect is realized in less than 20 minutes

10. The method of claim 1 or 7, wherein the desired effect is realized in less than 10 minutes

11. The method of claim 1 or 7, wherein the formulation is a liquid formulation.

12. The method of claim 1 or 7, wherein the formulation is a dry powder.

13. The method of claim 1 or 7, wherein the formulation comprises a pressurized propellant.

14. A kit, comprising:  
an aerosol delivery device; and  
a formulation suitable for creating an aerosol, the formulation comprising an active ingredient selected from the group consisting of an androgenic hormone, sildenafil, or a combination thereof.

15. A kit, comprising:  
an aerosol delivery device; and

a formulation suitable for creating an aerosol, the formulation comprising an active ingredient selected from the group consisting of one or more of a PDE5 inhibitor, a growth hormone-releasing peptide receptor agonist, a 5-hydroxytryptamine receptor agonist, a dopamine receptor agonist, a melanocortin receptor agonist, an  $\alpha$ -adrenoceptor antagonist, alprostadil, papaverine, phentolamine, vasoactive intestinal peptide, guanylyl cyclases, a rho-kinase antagonist, oxytocin, an oxytocin receptor agonist, or an inhibitor of neuropeptide Y, or a combination thereof.

16. The kit of claim 14 or 15, wherein the formulation is a liquid formulation
17. The kit of claim 14 or 15, wherein the formulation is a dry powder
18. The kit of claim 14 or 15, wherein the formulation comprises a pressurized propellant